

Keeping Seniors Safe in the Summertime

Summertime is the perfect time for juicy slices of watermelon, extra-long days, and an extra scoop of ice cream. However, it is also a season full of high temperatures and even higher humidity. For seniors, this combination can be extra dangerous. Here are a few ways that you can be extra vigilant and helpful to your senior loved ones or neighbors, assuring that they stay as healthy as possible during these next few months.



Turn on the air conditioner

Preventing heat induced conditions for seniors often relies on the air conditioner. If you are visiting a loved one or neighbor, be sure that they are running their air conditioner appropriately. Spending time inside in the air conditioning, especially during the warmest parts of the day, is a great way to stay cool and healthy. If your loved one doesn't have air conditioning, or if their air conditioning is unreliable,

encourage them to go somewhere with proper air conditioning. Try a local senior center, restaurant, or friend's home.

Reminders to not wait

If an air conditioner goes out, seniors can sometimes wait too long to ask for help from a friend or landlord. While they might be thinking that broken air conditioning isn't too important in the scheme of things, older adults can begin to have heat related challenges sooner than younger counterparts. Be sure that your loved one has phone numbers handy for those that can be called in case of an air conditioning emergency. These numbers can include your contact information, along with a few other trusted family members or friends, their landlord if applicable, the local senior center, and other emergency services.

Bring drinks

Dehydration is a cause of dangerous challenges in the senior population. Not only can dehydration lead to heart conditions, it can also lead to urinary tract infections, confusion, and even falls. To keep your loved one drinking plenty of water or other healthy fluids, stock their fridge with plenty of options. If you are unable to visit to see if your loved one is drinking, consider encouraging her to drink a glass of water while you are chatting on the phone. The more water and clear fluids, the better!

Encourage morning activity

For active seniors, staying indoors in the air conditioning can feel like prison. Continue to encourage your loved one to participate in their outdoor activities of choice, but suggest that they do it in the morning hours before the heat of the day becomes too dangerous.

Watch the news

If you are in the same area as your loved one, be sure that you are keeping a close eye on the forecast. If you notice any heat advisory days, be sure to check in on your loved one even more. If you happen to be checking in from another city or state, you can still keep up on the forecast for your loved one online or via a weather app. Staying connected to their local weather can not only give you something to chat about, but also give you information that can lead you to be sure they are staying as safe as possible.

Even better than weather apps and water drop off check-ins, consider making [Visiting Angels](#) a part of your loved one's support system. We can set up a plan to get our compassionate caregivers into your loved one's home on a daily or weekly basis, making sure they are staying hydrated, cool, and safe this summer.

We know that you have questions about senior safety and conditions more than just in the scorching summer. Be sure that you take some time to quench your curiosity and arm yourself with reliable information by visiting our [Family Resource Center](#). You can find insightful articles, caregiver tips and other important resources prepared with you in mind.

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